

# Crystal Graening

## 1: Love

Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.

## 2: Honesty

Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.

## 3: Humor

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

## 4: Perseverance

Finishing what one starts; persevering in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in completing tasks.

## 5: Fairness

Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.

## 6: Teamwork

Working well as a member of a group or team; being loyal to the group; doing one's share.

## 7: Judgment

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

## 8: Kindness

Doing favors and good deeds for others; helping them; taking care of them.

## 9: Curiosity

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

## 10: Forgiveness

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Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful.

## 11: Leadership 🗨️

Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen.

## 12: Love of learning 📖

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

## 13: Humility 🙏

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

## 14: Perspective 🌐

Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.

## 15: Gratitude 🙌

Being aware of and thankful for the good things that happen; taking time to express thanks.

## 16: Hope 🌱

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

## 17: Prudence 🏛️

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

## 18: Creativity 🧠

Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

## 19: Self-Regulation 🎯

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Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

## 20: Appreciation of Beauty & Excellence

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

## 21: Zest

Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

## 22: Bravery

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what's right even if there's opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

## 23: Social intelligence

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

## 24: Spirituality

Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.